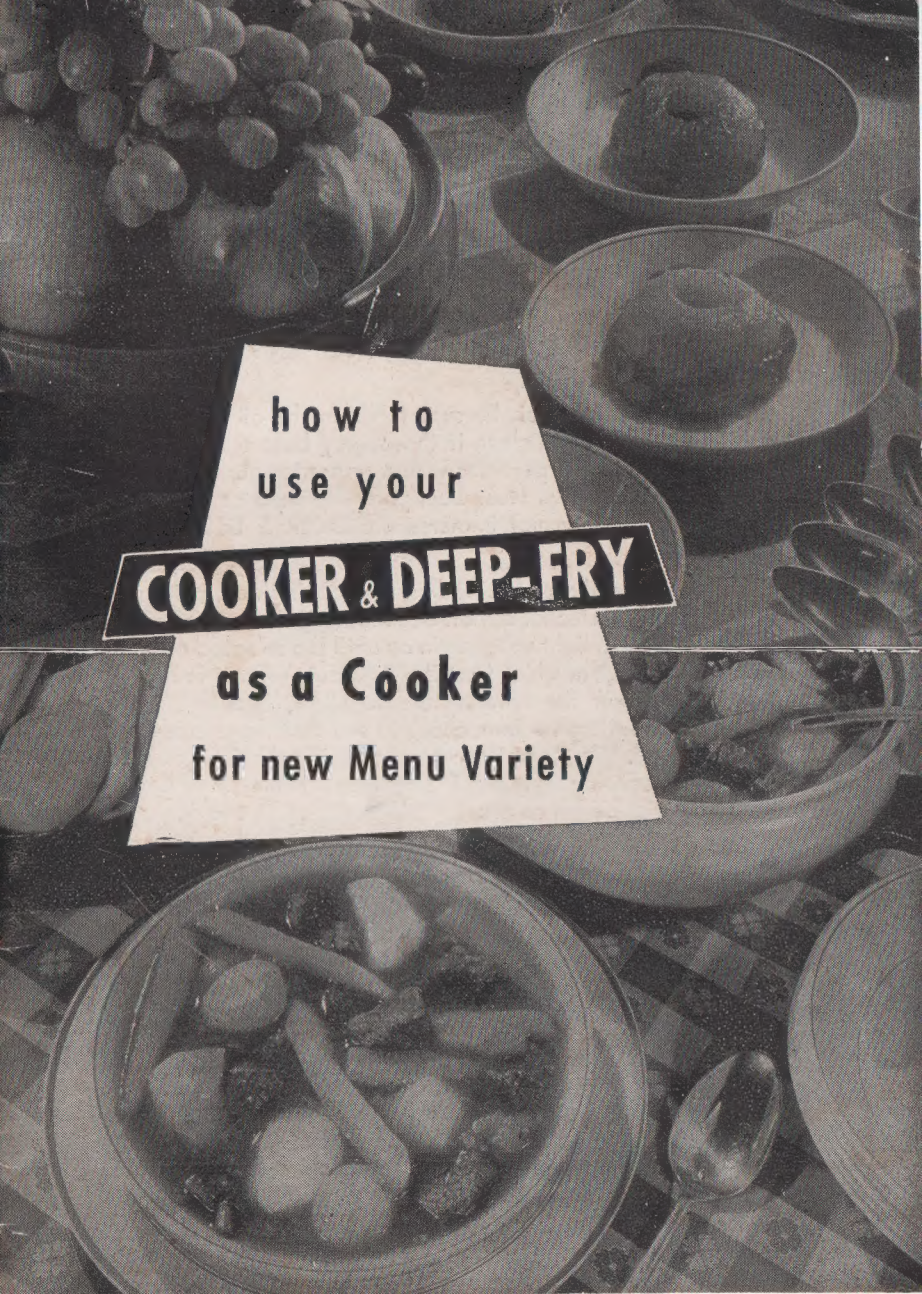
how to
use your
COOKER & DEEP-FRY
as a Cooker
for new Menu Variety

HOW TO USE YOUR COOKER & DEEP-FRY AS A COOKER FOR NEW MENU VARIETY

You'll be amazed to discover the new variety you can introduce in your menu with the COOKER & DEEP-FRY. The convenience of serving these foods right at the table from your COOKER & DEEP-FRY will please you, too. Just follow the easy instructions and you will soon find you are adding new gourmet delights to your family meals.

Remove the cover and basket. Be sure to drain the oil out of your COOKER & DEEP-FRY and clean it thoroughly before using it for cooking. Remove any food particles with a paper towel.

Use a mildly abrasive steel wool pad with soap or detergent to clean cooking well. Do not immerse COOKER & DEEP FRY in water!

Place food (and water where specified) in the cooking well, put cover on, and plug cord into electric outlet. Set the temperature called for in the recipe. The signal light will remain on until the selected cooking temperature is reached, at which time it will go out. When the boiling point is reached, lower the temperature to allow food to simmer (175° to 250°). From time to time, check to see that there is enough liquid with the food. We do not recommend using the COOKER & DEEP-FRY for dry cooking. When it is used with a minimum of liquid, place the food in the basket to prevent food sticking to cooking well.

The timing and temperature in each recipe are those recommended for cooking average size foods of room temperature. Frozen or chilled foods require additional cooking time. At the end of the recommended cooking time, test the food for tenderness. When food is finished, turn temperature knob to "OFF" and unplug the electric cord. You will find that the COOKER & DEEP-FRY retains heat for some time after it is turned off. This will be helpful in keeping your food warm until it is served.

When the recipe calls for simmer, set the dial at that temperature between 175° to 250° that keeps the food just below boiling. This may require several adjustments during the cooking time.

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MEAT DISHES

POT ROAST Serves 6 portions

3 lbs. rolled beef rump, boned and rolled chuck, or round beef
3 tablespoons shortening
Flour
2 teaspoons salt
½ teaspoon pepper
1 sliced onion
½ cup water
½ cup chili sauce
6 sliced carrots
6 medium-sized potatoes, quartered
6 small onions
3 stalks celery, cut in 1" pieces

Wipe meat with damp cloth. Set temperature for 375°. Melt shortening. Dip meat in flour and put in fat to brown on all sides (about 15 minutes). Add salt, pepper and onion. Gradually pour water directly on meat. Add chili sauce over meat. Cover and simmer for about 2½ hours, until almost tender. Add carrots and potatoes, whole onions and celery. Sprinkle with salt. Cover. Simmer until vegetables are tender.

Remove meat and vegetables to heated platter. Keep warm in heated oven. Skim excess fat from meat juice, thicken with flour and water stirred to a smooth paste. Make gravy at 300°. Pour over meat and vegetables.

CORNED BEEF Serves 4 to 6 portions

3 lbs. corned brisket of beef
1 sliced onion
6 pepper corns
4 whole cloves
½ bay leaf
1 garlic section, cut in small pieces
2 celery tops
1 carrot sliced
Parsley sprigs

Soak corned beef in cold water for one hour. Drain. Place in cooking well and add enough fresh water to cover. Bring to boil at 300°. Skim water if necessary. Add remaining ingredients and reduce heat to simmer. Cover. Turn meat from time to time during cooking. Simmer until tender.

To serve — slice and serve with vegetables and grated horseradish.

NEW ENGLAND BOILED DINNER

Serve corned beef with boiled potatoes, whole cooked carrots, turnips and small quartered onions. Arrange over cooked, cut cabbage.

ROAST CHICKEN

1 Young roasting chicken (Stuffed if desired)
Melted fat
Salt and pepper to taste
1½ cups boiling water

Clean and dress chicken. Stuff if you prefer. Tie wings and legs close to body. Blend salt and pepper with melted fat and brush entire chicken surface with mixture. Place boiling water in cooking well with chicken. Set temperature at 400° for 30 minutes. Reduce heat to 350° and cook till done, allowing 15 minutes for each pound. Baste frequently and add more hot water if necessary.

STEWED CHICKEN — Serves 6 portions

1 4 lb. stewing chicken, cut in serving pieces
1½ teaspoons salt
1 medium-sized onion, cut in half
1 carrot, cut in pieces
2 stalks celery, cut in pieces
2 sprigs parsley
Optional
3 or 4 peppercorns
½ bay leaf
1 whole clove

Clean chicken and cut into serving pieces. Place in cooker, the back first, then giblets, legs and wings, breast on top. Add enough boiling water to cover the chicken a little more than half way. Add seasonings. Set dial for 300° until boiling point is reached. Then cover COOKER & DEEP-FRY and lower temperature to keep food simmering. Test for tenderness after 2 hours. Remove tender pieces, cover and continue cooking until all is ready. Remember that white meat becomes tender first.
Cook dumplings or noodles in stock.

DUMPLINGS

2 cups flour
1 teaspoon salt
4 teaspoons baking powder
3 tablespoons shortening
¾ cup milk

Combine and sift flour, salt and baking powder. Cut in shortening, add milk to make a soft dough. Drop by tablespoons directly on cooking stew or chicken, cover and steam 15 to 20 minutes.

BEEF STEW — Serves 8 to 10 portions

3 tablespoons shortening
2 pounds beef, top round
5 tablespoons flour
3 medium-sized tomatoes
2 tablespoons chopped parsley
3 cups water
7 small onions
1½ cups sliced carrots
⅛ teaspoon pepper
1½ teaspoons salt
⅓ cup water
Few grains cayene

Slice 1 onion and brown in fat at 375°. Cut beef in 2" cubes. Combine flour, 1 teaspoon salt and pepper. Roll meat in mixture. Add meat to cooking well to brown, turning meat as necessary. Add water, tomatoes, and parsley; cover and simmer for about an hour, until meat is tender. Add whole small onions, carrots, rest of salt, pepper and cayenne. Turn dial to 300 until boiling, then reduce to simmer. Cook until vegetables are soft. Thicken gravy with flour and water mixed to a smooth paste. Serve with dumplings.

CREAMED BEEF ON TOAST — Serves 6 portions

¼ pound dried beef, cut in 1" cubes
¼ pound fat (or oil)
¼ cup flour
2 cups hot milk
6 slices toast

Cover dried beef with hot water and drain immediately. Make a white sauce of the fat, flour and milk. Set dial at 210° and place white sauce and beef in well. Cook and stir until heated thoroughly. Season to taste and serve on toast. For variety add mushrooms or sliced hard boiled eggs. Garnish with parsley.

SWISS STEAK Serves 4 portions

1½ lbs. round or flank steak, trimmed
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
3 tablespoons fat
1 large onion, peeled and sliced
1 small clove garlic, peeled and diced fine
1 stalk celery, diced
2 cups cooked tomatoes
½ sliced green pepper

Cut meat in serving pieces. Mix flour, salt and pepper. Lay meat on a breadboard, pound half of flour mixture into it with meat mallet, other half of mixture into other side of meat. Melt fat in bottom of well at 325°, then add a few pieces of meat at a time. Turn meat to brown well on all sides.

Add rest of ingredients in order. Allow liquid to boil, then lower temperature to just simmer. Cover and simmer until meat is tender (1½ to 2 hours). Remove meat. Skim fat from liquid and pour gravy over meat. Sprinkle with chopped parsley.

SPARERIBS Serves 4 portions

2 to 3 lbs. spare ribs, cut into 3 or 4 rib pieces
2 tablespoons fat
1 teaspoon salt
⅛ teaspoon pepper
1 large onion, peeled and sliced
¾ cup hot water
2 pounds sauerkraut
½ teaspoon caraway seed (if desired)
1 large apple grated

Melt fat in cooker well at 350°, add a few pieces of ribs at a time and fry until brown, turning as necessary. Add salt, pepper and onion. Add water slowly. Bring to boil and then set dial to just simmer until ribs are tender (about an hour) with cover on. Remove ribs. Skim excess fat from liquid and place sauerkraut in cooking well. Sprinkle with caraway seed and mix in apple. Arrange ribs over kraut. If necessary, add a little boiling water. Bring to boil at 300°, then simmer for 30 minutes. Garnish with chopped parsley.

BARBECUED RIBS

After browning ribs, add Quick Barbecue Sauce (page 13). Bring to a boil at 300° and then simmer for about 1½ hours until tender.

FRANKFURTER AND BEAN CASSEROLE Serves 6 portions

6 frankfurters
Pickle relish or prepared mustard
4 diced bacon strips
1 large onion diced fine
2 cans baked beans with pork
1 teaspoon prepared mustard
¼ cup chili sauce
2 tablespoons brown sugar

Place 6 frankfurters in boiling water for 10 minutes. Drain. Slit part way through frankfurters lengthwise. Spread with pickled relish or prepared mustard. Set COOKER & DEEP-FRY for 300° and fry diced bacon and onion, stirring frequently. Add baked beans and pork, 1 teaspoon prepared mustard, chili sauce and brown sugar. Blend together. Place frankfurters on top. Heat until bubbling, then allow to just simmer for about 30 minutes.

MEAT BALLS WITH TOMATO SAUCE — Serves 6 portions

1 lb. ground beef, round steak or veal (or ¾ lb. beef, or veal and ¼ lb. pork)
¼ cup chopped parsley
1 teaspoon salt
¼ teaspoon black pepper
1 egg, beaten slightly
1 clove garlic, chopped fine
1 cup soft, fine bread crumbs
3 tablespoons water
2 tablespoons grated Parmesan cheese, if desired
2 tablespoons fat or salad oil
1 can tomato sauce

Combine all ingredients except fat and tomato sauce in a bowl. Blend together with a fork. Shape into medium-sized balls. Melt fat in cooking well and add meat balls, a few at a time, turning to brown them on all sides. Remove the browned ones to make room. When all are ready, return them to the cooking well and add the tomato sauce. Bring to boil, then turn dial to simmer, so food just bubbles. Cover and simmer one-half hour.
Serve with spaghetti and grated cheese.

CHILI — Serves 4 portions

4 tablespoons oil
1 cup chopped onion
½ diced green pepper
1 cup diced celery
1 small clove chopped fine
1 lb. ground beef
2 cups canned tomatoes
1½ tablespoons chili powder
2 tablespoons cold water
1 teaspoon salt
2 teaspoons sugar
2 cups red kidney beans (cooked)

Set dial for 300° to cook onion, pepper and clove in oil until partially tender, stirring frequently. Add beef, cook uncovered until a little browned. Combine tomatoes, chili powder and water and add to meat. Add salt and sugar. Cover and bring to boil, lower temperature to allow it to just simmer until thickened (about an hour). Add beans and heat. Serve with rice and crackers.

RICE DINNER — Serves 6 portions

3 tablespoons butter or margarine
1 onion, cut fine
½ green pepper, cut fine
½ lb. fresh mushrooms sliced
1 cup diced raw celery
1 lb. rice, washed well
2 teaspoons salt
⅛ teaspoon pepper
2 cups canned tomatoes
1½ cups water

Set dial for 300° to melt butter in bottom of cooking well. Add onion, green pepper, celery and mushrooms. Cook about 5 minutes until partly tender. Add rice, salt, pepper, tomatoes and water, stirring until all are well blended. Raise temperature to boiling point, then lower to simmer. Stir. Cover and simmer without uncovering until rice is tender (about 45 minutes). Let stand covered for 10 minutes more. Sprinkle with parsley.
Serve as a main dish or add left over meat, fish or chicken.

FISH DISHES

BOILED LOBSTER

¾ to 1 pound lobster for each serving

Fill cooking well with enough water to cover. Add 1 tablespoon of salt for each quart. Set temperature for 220°. When water comes to a quick boil, plunge live lobster in, head first. Be sure entire lobster is immersed. Cook for five minutes. Reduce heat to 200° and simmer for 20 minutes. When shell is bright red, remove lobster and plunge into cold water for a couple of seconds. Split the shell, discard intestine and small pointed sack at back of head. Serve hot or cold in shell or use meat in salads and casseroles.

TUNA-NOODLE CASSEROLE

1½ lbs. dry noodles
1½ cups diced celery
1 cup sliced mushrooms
2 tablespoons pimiento, cut in strips
1 7 oz. can tuna, flaked
¼ cup butter (or margarine)
5 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
Dash of celery salt
2 teaspoons grated onion
3 cups milk

Cook the noodles in boiling salted water until tender at 210°. Pour off water. Make a white sauce, blending together the butter, flour, seasonings, onion and milk. Add to this the celery, mushrooms, pimiento and tuna. Toss carefully together with a fork, cover and cook for about one hour.

CREAMED TUNA FISH SPECIAL

1 can cream of mushroom soup
1 can split pea soup
¾ cup of milk
½ cup light cream
1 7-ounce can tuna fish

Serves 6 portions

Mix soups in cooking well, stir in milk and cream. Set dial at 225°. Break tuna fish into chunks and add to sauce. Serve on toast points. Garnish with parsley and pimiento strips.

VEGETABLES

BOSTON BAKED BEANS

Serves 10 to 12 portions

2 lbs. pea or navy beans
9 cups cold water
3 teaspoons dry mustard
5 teaspoons salt
¼ teaspoon pepper
½ cup brown sugar
½ cup molasses
¼ cup sweet pickle juice or 3 tablespoons vinegar
⅓ cup chili sauce (optional)
1 large sliced onion
¾ lb. salt pork

Rinse picked over beans. Add cold water and soak over night. Place in cooking well. Set dial for 300° until boiling. Cover and reduce temperature to simmer for about 2 hours — until beans are tender. Blend mustard, salt, pepper, sugar, molasses, pickle juice (or vinegar) and chili sauce. Stir in with beans until smooth. Place onion slices over beans. Cut salt pork into thick slices; cut almost through these slices at ½ inch intervals. Scald in boiling water and drain. Bury half the pork under the beans, other half on top. Turn dial back to 300° until boiling, then cover and lower to simmer. Let simmer for 6 to 8 hours. Check from time to time if water needs to be added.

Serve with coleslaw and Boston brown bread.

SAUERKRAUT SUPPER

Serves 4 to 6 portions

1½ quarts sauerkraut
1 small onion, sliced thin
1 apple diced
2 raw potatoes, grated fine

Place sauerkraut, onion, apple and potato in well. Set temperature for 210° and cover. Cook for 1½ to 2 hours. This can be varied by adding 1 lb. of salt pork, spare ribs or smoked meat in the sauerkraut.

BOILED POTATOES

cooking potatoes
boiling water
salt

Pare potatoes. Cut in half if very large. Place in cooking well. Add water to cover and salt. Cover. Bring to boil at 300° Then lower temperature so potatoes just boil until tender.

TO COOK FROZEN VEGETABLES

Place frozen or defrosted vegetables in cooking well. Add water as indicated on package label. Cover. Bring to boil at 300°. Then reduce heat to keep water just boiling. Follow cooking time on package. Season to taste

VEGETABLES

TO COOK FRESH VEGETABLES

Prepare vegetables. Place in COOKER & DEEP-FRY. Add water to reach 1 inch from bottom of cooking well. Bring to boil at 300°, then set dial to simmer so that water will just boil slowly. Cover. Cook until tender. Season and butter as desired.

SWEET POTATOES AND APPLES

6 medium-sized sweet potatoes
4 medium-sized cooking apples
½ cup brown sugar
4 tablespoons butter
½ cup water
½ teaspoon salt
⅛ teaspoon pepper

Serves 6 portions

Pare and slice sweet potatoes and apples and core apples. Arrange alternate layers of potatoes and apples in cooking well. Combine brown sugar, butter, water, salt and pepper in small sauce pan. Cook until sugar dissolves. Pour over potatoes and apples. Bring to boil at 300°. Then lower temperature to keep it just simmering and cover. Cook until tender.

MACARONI, SPAGHETTI AND NOODLES

8 or 9 oz. package of spaghetti or macaroni (or 5 or 6 oz. package of noodles)
1 tablespoon salt
3 quarts of water

Bring water to boil at 300°. Add salt. Break spaghetti or macaroni into water. Cook uncovered at 300°. Stir with long handled spoon. Cook until tender, about ten minutes. Drain in a basket and rinse under cool water.

COOKED EGGS

Set dial for 215°. Put in enough water to cover eggs. When water is boiling, place eggs in basket and slowly lower into well. Time as usual for desired hardness. Eggs may also be poached in the COOKER & DEEP-FRY.

CORN CHOWDER Serves 8 to 10 portions

4 tablespoons chopped onion
3 tablespoons butter
3 cups cooked potatoes
2 cups cooked or canned corn
4 cups milk
1½ teaspoons salt
⅛ teaspoon pepper

Fry onion in butter until golden brown. Cut potatoes in ¼" slices. Combine onion, potatoes, corn, milk, salt and pepper. Add a dash of cayenne or paprika. Set dial at 300° until boiling. Serve over crackers.

OYSTER STEW Serves 6 portions

¼ cup melted fat (or oil)
2 tablespoons flour
1 quart milk
1 quart oysters
Salt and pepper as desired
Paprika

Place fat in well. Add flour and stir until smooth. Add milk and heat at 210°, stirring until mixture thickens. Clean oysters and heat in oyster liquid until the edges just begin to curl. Add oysters and liquid to heated milk. Season with salt and pepper. Dust with paprika and serve with oyster crackers.

FRENCH ONION SOUP Serves 6 portions

3 cups thinly sliced onions
¼ cup melted fat or oil
2½ cups canned bouillon or browned meat stock
2½ cups water
1 teaspoon condiment sauce
Salt and pepper, to taste
Sliced French bread, toasted
1 lb. grated parmesan or Swiss cheese

Set dial for 225° and brown onions slowly in melted fat. Gradually add bouillon, water and seasonings. Cover and simmer at 200° for 30 minutes. Place slice of toasted bread in each bowl, and sprinkle with cheese. Pour soup over this.

BORSCHT Serves 6 portions

2 cups chopped beets
2 cups chopped cabbage
4 cups clarified beef stock
1 cup sliced onions
⅓ cup salad oil
2 teaspoons salt
Pepper to taste
Heavy sour cream

Set dial at 210°. Cook beets and cabbage in beef stock for about 20 minutes, until tender. Brown onions in oil and add salt and pepper. Serve piping hot with a generous tablespoon of sour cream or a cold boiled potato.

DESSERTS

STEWED APPLES OR APPLE SAUCE — Serves 8 portions

3 lbs. cooking apples (about 12 apples)
1½ cups water
1 cup sugar

Wash apples, pare and core. Place in cooking well and add water. Set dial at 300° until boiling. Cover. Just simmer until apples are tender (about 15 minutes). Stir occasionally. Add sugar, amount depending on tartness of apples. Cook 5 minutes longer. Remove. Serve with sliced lemon, butter or cinnamon. Any other fruit may be cooked similarly.

COMPOTE OF FRESH FRUITS — Serves 8 portions

4 fresh pears
4 fresh peaches
8 small whole plums
3 slices canned pineapple, cut in quarters
½ to ¾ cup sugar
Water or pineapple juice

Peel fruits, remove seeds and cores. Place fruit in cooking well. Add sugar and enough water or pineapple juice to just cover fruit. Cover. Set dial for 300° until boiling. Then reduce heat to simmer and cook until fruits are tender. Remove, cool and chill. Serve with whipped cream or ice cream if desired.

BAKED CUSTARD — Serves 4 portions

1 pint milk
2 eggs, slightly beaten
2 tablespoons sugar
⅛ teaspoon salt
¼ teaspoon vanilla

Scald milk. Combine eggs, sugar, salt. Add milk slowly, stirring until sugar dissolves. Add vanilla. Put in individual custard cups.
Place basket in cooking well and put individual cups in it. Fill cooking well with water to within 1" of top of custard cups. Set dial at 210°. Bake for 25 to 30 minutes or until firm. Keep water just simmering. Sprinkle with nutmeg. Cool.

ORANGE SOUFFLE — Serves 4 to 6 portions

3 egg whites
3 tablespoons sugar
2 tablespoons orange marmalade
¼ teaspoon orange extract
½ cup toasted almonds, chopped

Put casserole dish in basket and place both in cooking well. Fill well with enough water to reach within 1" of top of casserole. Remove casserole dish and basket. Preheat water at 210° with cover on.
Beat egg whites to a stiff foam. Add sugar gradually and continue beating until mixture forms peaks that bend slightly. Add orange marmalade and orange extract. Pour into greased casserole. Put casserole in basket and lower basket into water. Cover casserole with lid or aluminum wrap. Replace cover on COOKER & DEEP-FRY and allow to simmer for about an hour. Turn out onto warm serving plate and top with sauce or nuts.

QUICK BARBECUE SAUCE

⅓ cup chopped onion
3 tablespoons butter or margarine
1 cup catsup
⅓ cup vinegar or lemon juice
2 tablespoons brown sugar
½ cup water
2 teaspoons prepared mustard
1 tablespoon Worcestershire sauce
Salt to taste
⅛ teaspoon pepper

Slowly cook onion in butter in a sauce pan until onion is tender. Add remaining ingredients. Cover. Simmer about 15 minutes.

MEDIUM WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 cup milk

Melt butter in top of double boiler over boiling water. Blend in flour, salt, pepper and paprika. Add milk gradually. Cook, stirring constantly until thickened and smooth.

CHEESE SAUCE

Add to Medium White Sauce ½ to 1 cup grated process American Cheddar Cheese. Cook, stirring until melted. Also blend in ¼ teaspoon dry mustard with seasonings.

EGG SAUCE

Add to Medium White Sauce 2 shelled and diced hard-cooked eggs and 1 teaspoon finely chopped chives or parsley.

HORSERADISH SAUCE

Add to Medium White Sauce ⅓ cup well drained bottled horseradish, 1 tablespoon chopped parsley.

MUSHROOM SAUCE

Add to Medium White Sauce 4 oz. can mushrooms drained and chopped.

SAUCES

TOMATO SAUCE

Used canned tomato sauce or make as Medium White Sauce substituting 1 cup tomato juice for milk. Add 1 teaspoon grated onion, or chopped chives, if desired. Mix well.

QUICK COCKTAIL SAUCE

½ cup chili sauce
⅓ cup catsup
⅓ cup prepared horseradish
¼ teaspoon salt
1½ teaspoons Worcestershire sauce
3 tablespoons lemon juice
Dash of tabasco, if desired

Mix together all ingredients. Chill thoroughly. Add 2 tablespoons finely chopped celery, 1 tablespoon finely chopped parsley, 1 teaspoon grated onion just before serving, if desired.

TARTAR SAUCE

Combine 1 cup chilled mayonnaise, 1 tablespoon chopped olives, 1 tablespoon finely chopped parsley, 2 tablespoons chopped pickle, 1 tablespoon chopped capers, ½ teaspoon grated onion or chopped chives if desired. Mix well.

LEMON BUTTER SAUCE

Cream ¼ cup soft butter. Gradually add 1 tablespoon finely chopped parsley, 1 teaspoon grated onion, ½ teaspoon salt, dash of Cayenne pepper and 4 teaspoons lemon juice. Stir until well blended. Serve on fish or vegetables.

LEMON ORANGE SAUCE

Combine in a saucepan ½ cup sugar, ⅛ teaspoon salt, 1½ tablespoons corn starch and 1 cup orange juice. Cook over medium heat, stirring constantly until thickened and smooth. Add 1 tablespoon butter, 2 tablespoons lemon juice, 1 teaspoon grated lemon rind. Remove from heat. Serve warm with fritters or fruits.

. . . KEEPING FOODS WARM

Place food in cooking well, set dial at simmer and cover. For those foods that tend to become soggy, tilt the cover while simmering.

. . . STEAMING

Remove basket handle and place basket in cooking well. Prepare food in a casserole dish, cover dish and place in basket. (If dish has no cover, use aluminum foil placed over the top.) Add enough boiling water to within 1 inch of top of casserole dish. Set dial at 300° until water is boiling. Then lower temperature dial to allow water just to simmer. Cover COOKER & DEEP-FRY. Steam for time directed in recipe. Add more boiling water if necessary to maintain the level 1 inch below top of dish. Two tablespoons of vinegar added to the water will help prevent the minerals in the water from staining.

. . . BUN WARMING

Remove basket handle and set frying basket into cooking well. Set dial at about 250°. Place rolls in basket. Timing will depend on quantity you are heating at one time.

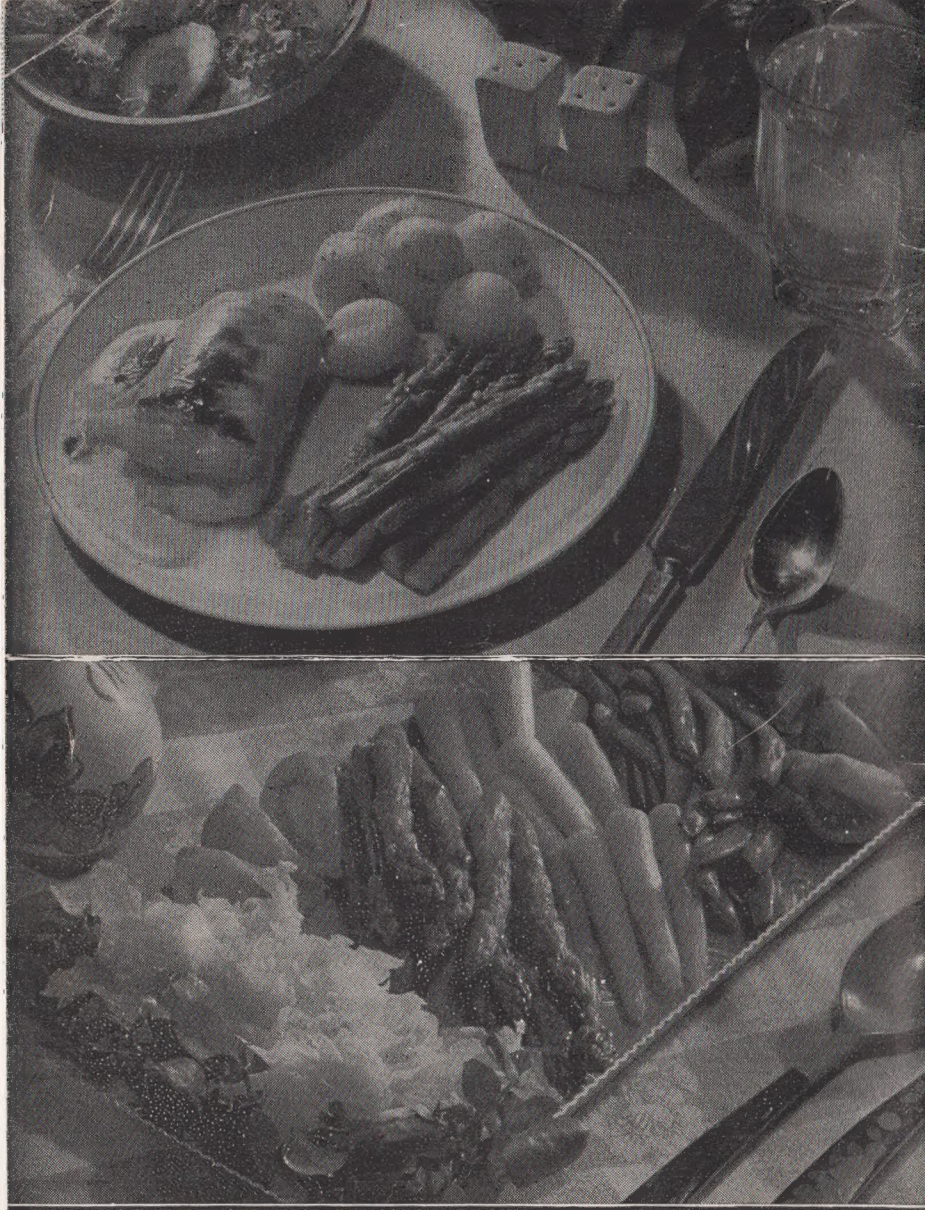
Follow same instructions to heat doughnuts, bread, coffee cake, sweet rolls, etc.

. . . BAKING A CAKE

Use your favorite recipe to bake a small cake. Place your batter in a pan that will fit in the cooking well. Most recipes for baking require a heat of 250° to 400°, corresponding exactly with the temperature range of your COOKER & DEEP-FRY.

. . STEWING DRIED FOODS

Select tender dried fruits or vegetables. Rinse and soak about an hour. Place in cooking well, cover with water. Cover and cook at 300° until boiling, simmer until tender. For fruits, add one cup of sugar or honey about 5 minutes before removing, if desired.



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TUCKAHOE NEW YORK